

## **Bogotá Declaration 2023**

### **Comprehensive and Mutual Care for Persons-Centered Mental Health**

*Resulting from the Eleventh International Congress and Ninth Conference Latin American Person-Centered Medicine, held in Bogotá, November 3-4, 2023 and organized by the International College and the Latin American Network of Person-Centered Medicine, in cooperation with the National Academy of Medicine of Colombia, the Latin American Association of Academies of Medicine, the Andean Health Organization - Hipólito Unanue Agreement, the Pan-American Federation and the Peruvian Association of Medical Faculties, the National University of San Marcos (Institute of Health Ethics and the Hipólito Unanue Chair of Person-Centered Medicine ) and the National School of Public Health of Peru.*

#### **Preamble**

Person-Centered Medicine (PCM), as a concept and global programmatic movement developed by the International College of Person-Centered Medicine and its regional bodies such as the Latin American Network of Person-Centered Medicine, in collaboration with the World Medical Association , the World Psychiatric Association, the World Health Organization, the Association of National Academies of Medicine of Latin America, Spain and Portugal , the International Council of Nurses and 30 other international institutions, during a decade and a half of annual Conferences in Europe ( Geneva) and Latin America, places the person at the center of the concept of health and the main objective and protagonist of health actions.

In Latin America the earliest roots of person- and community-centered medicine can be found in its ancient pre-Columbian civilizations, particularly the Andean ones. These occurred within the context of a holistic and integrative worldview where everything that exists (individual internal world, social community and environment) is intertwined and in harmonious balance denoting overall health. The *concept* of health and well-being formulated in Aymara and Quechua ( *Sumak Kawsay* ) as “ good living” or “full life” is conceptually linked to the Aristotelian ethics of “*good living*” (*Eudaimonia*) and other philosophical concepts such as *complementarity* . in China (*Yin and Yang*) and the ethics and morality enunciated by Emmanuel Kant in Germany, among others.

The MCP promotes medicine **of** the person (covering both the pathological and positive aspects of their health), **for** the person (seeking to facilitate full well-being and fulfillment of each person's life project), **by** the person (with professionals of health deployed with scientific competence and ethical commitment), and **with** the person (in a respectful, collaborative and empowering relationship). This perspective, articulating science as an essential instrument and humanism as the essence of medicine, involves a medicine informed by evidence, experience and values and aimed at the restoration and promotion of health for all.

Mental health, the central theme of the event, is an inherent component of positive health and general well-being. It should be noted that mental health has objectives and methodology distinguishable from those of clinical psychiatry. The latter focuses on mental disorders, their diagnosis and treatment, while mental health has as its basic objective the promotion of health and uses a fundamentally educational methodology. Third, unlike clinical psychiatry which is the primary responsibility of psychiatrists, mental health is the responsibility of all health professionals, the community and society at large.

Another important aspect of the central theme of previous Latin American events has been the progressive exploration of promising health strategies. Starting with *comprehensive care* coming from Alma Ata, to which has been added its fundamental foundation in *people* and then the incorporation of *mutual care* as a creative health strategy. In this event in Bogotá, this developing strategy has been applied to the promotion of mental health.

## Recommendations

1. Differential elucidation of the concepts of mental health, psychiatry and well-being and investigation of the bases that support them, as well as the appropriate methodologies, particularly educational, for the implementation of the corresponding health actions.
2. Development of clinical care in person-centered psychiatry emphasizing narrative competencies and the search for the greatest well-being of people.
3. The development of the promotion of mental health and well-being in psychiatric patients seeking the advancement of well-being in conjunction with the patient himself.
4. To deal promisingly with mental illnesses, the value of the person involved must be explored, both in patients and in professionals, family members and all those involved in health actions.
5. The promotion of mental health in mental health professionals requires advancing in the care of themselves, as well as the health system where they work.
6. It is desirable to advance in the articulation of more comprehensive perspectives in the formulation of medicine and health centered on people.
7. It is necessary to investigate the educational factors that impact the health and well-being of people at different stages of perinatal, family, school and professional development.
8. It is necessary to deepen the relationship between public health and mental health in Latin American countries both based on the similarity of shared situations and the commitment that knowledge imposes, complementing them with the development of relevant legal instruments and social procedures.
9. It is necessary to promote opportunities for dialogue between patients, families, health professionals and other government and social actors towards mental health centered on people.
10. It is necessary to advance in the articulation of community empowerment, inter-sectoral, inter-ministerial and regional integration processes for the promotion of people-centered health.
11. Understanding health as a multidisciplinary concept, it is necessary that the education and work of health professionals be enriched with the knowledge of other professions and disciplines in a new interprofessional dynamic,
12. It is desirable to generate new integrative models of health sciences in their various eco-bio-psycho-socio-spiritual dimensions, in addition to research methods and instruments for such realities.
13. It is necessary to organize the relevant strategies so that countries assume the responsibility of promoting mental health, human development and the well-being of people through state policy, and all of them work to advance human development, equity and integrity morale of its population.
14. All institutions involved in this event are entrusted with implementing the recommendations made.